

***“Living with Diabetes – Making Lifestyle Changes to Last a Lifetime”
Program Summary***

Who is this program for?

- Adults with type 2 diabetes, newly diagnosed or having trouble achieving treatment goals.
- It is not for people with type 1 diabetes or pregnant women.

Understanding Diabetes

- Glucose is fuel for the cell.
- Insulin moves glucose from the bloodstream into the cell.
- In type 2 diabetes, there is not enough insulin, it doesn't work properly or both.
- Glucose cannot enter the cells as needed so it builds up in the bloodstream. This can damage other parts of the body.
- Diabetes can cause thirst, frequent urination, and fatigue- but is often without symptoms.
- People with diabetes often have high blood pressure and high cholesterol.

Complications from Diabetes

- Heart disease
- Blood vessel problems
- Eye disease (retinopathy)
- Kidney disease
- Nerve problems

Approaches to Managing Diabetes

- Complications can be reduced by controlling (in order of importance):
 - #1 Blood pressure OR Quitting smoking/tobacco use (tie)
 - #2 Cholesterol
 - #3 Blood sugar

Know and Manage Your ABCs

- A1c
- Blood Pressure
- Cholesterol

Controlling Blood Pressure

- Target goal is usually $\leq 130/80$.
- Medications and lifestyle factors can help control blood pressure.

Controlling Cholesterol

- Target LDL goal is usually <100 .
- Statins are usually recommended for controlling cholesterol.

Controlling Blood Sugar

- A1c test shows average blood sugar over past 2-3 months.
- Target A1c goal <7 for most people.
- Finger-stick checks give immediate results on current blood sugar level.
- Medications and lifestyle factors can help control blood sugar.

Other Steps Patients Can Take

- See an eye doctor every 1 to 2 years.
- Have annual urine protein checks.
- Check skin and feet daily for sores.
- Wear shoes with good cushioning.

Taking Charge of Diabetes Involves:

- Taking several types of medications
- Losing weight or maintaining a healthy weight
- Getting regular physical activity
- Eating a healthy diet
- Quitting smoking/tobacco use
- Monitoring blood sugar at home

Making Lifestyle Changes

- Make it easy, start slow, take small steps, get support.

Planning Behavior Change Experiments Steps Toward Change

Choose a goal	Think about the health goals that are important to you. Pick one you want to reach. Then think of a small step you could take in that direction.
Try a test	Plan a change experiment. What is a reasonable change you could do this week? Pick something small and specific. Write it down along with the date you will start.
Did it work?	If yes, celebrate your success! If no, think about what happened during your experiment. What things prevented you from making the change?
What needs to change?	What could you do differently about the things that prevented you from making the change?
Then, try another experiment.	

Losing Weight

- Set weight loss goals.
- 5-10% loss leads to meaningful improvements in blood pressure, cholesterol and blood sugar.
- 200 calories less per day will lead to ½ pound/week weight loss.
- Get support, keep a food log, try smaller portions or join a weight loss group.

Physical Activity

- Being active is one of the most important things you can do for your overall health, blood pressure, cholesterol, blood sugar and weight control.
- Goal is at least 30 minutes on most days on most days of the week.
- Find something you like and start slowly.

Healthy Eating

- Fats are very high in calories.
 - Eat fewer saturated and trans fats.

- Eat more mono- and poly-unsaturated fats.
- Carbohydrates have the greatest impact on blood sugar levels. Focus on complex carbohydrates and fruits and vegetables.
 - Simple carbohydrates (table sugar, sweets) raise blood sugar quickly.
 - Complex carbohydrates (pasta, potatoes) raise blood sugar slowly.
 - Fiber is filling, digests slowly and raises blood sugar slowly.
- Alcohol should be limited or avoided.
- Plan meals.

Quitting Smoking

- Within one year heart attack risk decreases by about half.
- Try nicotine patches, gum, prescription medications and support groups.

Getting the Healthcare You Need

- Managing diabetes and risk of complications is a lifelong process.
- Healthcare includes routine medical tests, treatments and physical exams.
- Partner with your healthcare team.
- Make the most of your appointments by asking questions, bringing medications, blood sugar test results
- Ask questions and understand your medications.
- Create a sick day plan.

Making It Work One Step at a Time

- Take an active role in your diabetes care plan.
- Appendices:
 - *Seated Physical Activities* instructions
 - *Water Physical Activities* instructions
 - *My Steps Toward Change* worksheet
 - *Sick Day Plan* worksheet
 - *Diabetes Health Record* insert
 - *Questions to Ask My Doctor* insert